SPORTS

by Allen Austin

photo by Allen Austin

PICTURED ABOVE is this season's Boys' Varsity Basketball Team. In the center, from left to right, are David Kelso #10, and Enoch Robinson #20. From left to right, standing are Assistant Coach Coty Dickerson; #42, Jeff Puryear; #44, Tony Snell; #32 Mitch Eggleston; # 14, Tommy Wingfield; #22, Carl Watson; #40, Bill Shorter; #50, Homer Dillard; #12, Cecil Booker; #30, Ronald Harvey; #24, James Robinson; #34, Manley Ferguson; Bennett Paulette, manager; and Head Coach, Cliff Morris. The coaches and boys have been hard at work preparing for their opening game which will be held December 2 at William Campbell.

Adult Woman's Basketball

On Monday night the first game was between the Bullets and the Raider-Rats. The Raider-Rats were victorious by a score of 36-18.

Scoring:

Raider-Rats - Deborah Conner-6; Amy Nash -6; Becky Shorter-8; Wanda Booth-14; Rachel Drinkard-2.

Bullets- Joyce Tolley-6; Doris Martin-2; Toddy Murray-4; Sue Waddell-6.

The second game that evening was a close contest between the Roadrunners and the Knicks. As the game came to an end the Roadrunners were on top with a score of 16-12.

Scoring:

Roadrunners -Trish Conner - 8; Tessy Perrow -8

Knicks - Alice Howard - 4; Donna Smith - 2; Lucy Harris - 2; Pat Ferguson, 4.

Little League Basketball Sign-Up

A registration for the little league Basketball program will be held Saturday morning (Nov. 29) from 9 a.m. to 11 a.m. at the bus circle at the Middle School. The registration fee this year will be $3.00 per child.

A second sign-up date has been set for Dec. 6, morning, also from 9-11 in case some cannot make it the first week. The age brackets are 8-9, 10-11, and 12-14.

The registration fee must be filled in and brought by with it. Schedules will be posted.

The child listed below has my permission to play in the Little League Basketball Program for the 1975-76 season.

Name .....

Address .....

Age ..... **Date of Birth** .....

I have played in other Little League sports in Appomattox during 1975. Yes ..... **No** .....

Signed by Parent or Guardian .....

Date .....

"IGNORANCE IS CRAZY."

MENS BOWLING LEAGUE

Haleys	22	5
Country Club	22	5
Rookies	9	18
Martins	4	23

High Sets

Billy Conner	369
Kenneth Doss	356

High Games

Billy Conner	138
Kenneth Doss	132

MENS DOUBLES LEAGUE

Harris-Doss	12	3
Ferguson-Haley	10	5
Cyrus-Martin	10	8
Hall-Wood	8	10
Mayberry-Ayers	6	12
Small-Crowe	5	13

High Set

Kenneth Doss	397
Wallace Haley	363

High Games

Kenneth Doss	168
Wallace Haley	139

LADIES BOWLING LEAGUE

Mighty Mites	22	5
Rollingstones	19	5
Flintstones	17	10
Krazy Kats	14	10
Pinups	9	18
Alleycats	7	17
Untouchables	8	19
Topcats	6	18

High Sets

Vernell Childress	328
Carolyn Mayberry	309

High Games

Vernell Childress	123
Vernell Childress	112
Mary Martin	109

APPOMATTOX COUNTY HIGH SCHOOL 1975-76 GIRLS VARSITY BASKETBALL SCHEDULE

Dec. 2 - William Campbell	Away
Dec. 9 - St. River	Home
Dec. 12 - Gretna	Away
Dec. 16 - Amherst	Home
Dec. 19 - Altavista	Away
Dec. 20 - Liberty	Home
Jan. 6 - Rustburg	Home
Jan. 9 - Brookville	Away
Jan. 13 - J. Forest	Home
Jan. 20 - St. River	Away
Jan. 23 - Gretna	Home
Jan. 27 - Amherst	Away
Jan. 30 - Altavista	Home
Feb. 3 - Liberty	Away
Feb. 10 - Rustburg	Away
Feb. 13 - Brookville	Home
Feb. 17 - J. Forest	Away
Feb. 20 - Wm. Campbell	Home

Feb. 23, 25, 27: Seminole District Tournament
Site: Brookville H.S. - J. Forest E. S.
Game Time for the Regular games: 6:30
COACHES: Louise Martin & Mary Tolley

APPOMATTOX COUNTY HIGH SCHOOL 1975-76 JV BASKETBALL SCHEDULE

			Time
Dec. 2	Wm. Campbell	Home	4:30
Dec. 5	Open		
Dec. 9	St. River	Away	4:30
Dec. 11	Gretna	Home	6:00
Dec. 16	Amherst	Away	4:30
Dec. 18	Altavista	Home	6:00
Dec. 20	Liberty	Away	1:00
Jan. 2	Nelson County	Away	6:30
Jan. 6	Rustburg	Home	4:30
Jan. 8	Brookville	Home	6:00
Jan. 13	J. Forest	Away	4:30
Jan. 20	St. River	Home	4:30
Jan. 22	Gretna	Away	6:00
Jan. 27	Amherst	Home	4:30
Jan. 29	Altavista	Away	6:00
Feb. 3	Liberty	Home	4:30
Feb. 6	Nelson County	Home	6:30
Feb. 10	Rustburg	Home	4:30
Feb. 12	Brookville	Away	6:00
Feb. 17	J. Forest	Home	4:30
Feb. 19	Wm. Campbell	Away	6:00

COACH "Picky" Williams

APPOMATTOX COUNTY HIGH SCHOOL 1975-76 Varsity Basketball Schedule

Dec. 2 - William Campbell	Away
Dec. 5 - Open	
Dec. 9 - St. River	Home
Dec. 12 - Gretna	Away
Dec. 16 - Amherst	Home
Dec. 19 - Altavista	Away
Dec. 20 - Liberty	Home
Jan. 2 - Nelson County	Away
Jan. 6 - Rustburg	Home
Jan. 9 - Brookville	Away
Jan. 13 - Jefferson Forest	Home
Jan. 16 - Open	
Jan. 20 - St. River	Away
Jan. 23 - Gretna	Home
Jan. 27 - Amherst	Away
Jan. 30 - Altavista	Home
Feb. 3 - Liberty	Away
Feb. 6 - Nelson	Home
Feb. 10 - Rustburg	Away
Feb. 13 - Brookville	Home
Feb. 17 - Jefferson Forest	Away
Feb. 20 - William Campbell	Home

Feb. 23 - 28 - Seminole District Tournament Lynchburg College.
+Game Time - 8:00 p.m.
Coaches: Cliff Morris & Coty Dickerson

8TH GRADE BASKETBALL 1975-76

January 6	Holy Cross	Away	4:30
January 8	Staunton River	Away	4:30
January 13	J. Forest	Away	4:30
January 20	Staunton River	Home	4:30
January 22	Gretna	Away	4:30
January 29	Nelson (2)	Home	3:30
February 3	J. Forest	Home	6:00
February 10	Nelson-2 games	Away	4:30
February 12	Holy Cross	Home	5:30

COACH: Larry Carter

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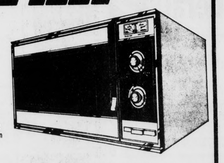

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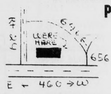

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Rev. Frank L. Johnson

Rev. Johnson Spoke At River Baptist Asso Meeting

(A Digest of the annual sermon delivered at Annual Session of the James River Baptist Association, October 23, 1975, by Rev. Frank L. Johnson, pastor of the Enon Baptist Church, Dillwyn, Va.

"Sharing His Love With the World," was the theme of the Annual Session from which this sermon topic was taken.

It is only the Christian that can share His love with the world. I John 3; defines the Christian as one who is born or begotten of God; who does not deliberately, knowingly and habitually practice sin; and also one who loves his brother in Christ. I John 4; further reveals, that if a Christian says that he hates his brother whom he has seen and loves Christ Whom he has not seen, he is a liar. The passage then proceeds to give Christ's injunction that he who loves God, loves his brother also. Before Christians can share His love with the world, they must love each other.

There is an opposing force in the world under the jurisdiction of Satan, whom we will define as the Unholy Spirit. Both the Holy Spirit and the Unholy Spirit have similar motives for control of the world. The Holy Spirit offers eternal destruction without God. I believe that the Unholy Spirit is the inspiration for the doctrine of communism and the communists are his agents, working fanatically for the rule of this world. In the 75 years of their existence, they control 1/3 of the world's population. At the same rate they will control the entire world within the next 150 years. We Christians have been at it for nearly 2000 years and have not yet won the world for Christ.

I believe that God has allowed Communism to make such rapid gains for the purpose of showing us Christians what a minority group of people, who are completely sold out to a cause can accomplish. That is we Christians really mean business, we too have to be completely sold out to Christ in order to share His love with the world. As Vance Havner summed it up, "Jesus is either Lord of all, or He is not Lord at all."

Photo & Copy by
Rev. H. O. Tench
James River Baptist Assoc.

Waste Paper Recycling In Operation At Babcock & Wilcox

Lynchburg, Va.-- Waste paper, totaling more than one ton each day, leaves the Mt. Athos Plant of Babcock & Wilcox as tiny shredded strips to by recycled into a variety of paper products that would otherwise require virgin wood pulp for their manufacture.

As the result of an employee's suggestion, B&W's Mt. Athos facilities installed a recycling system that will process an estimated half million pounds of waste paper each year.

Pulpwood industry spokesmen estimate that 19 average size trees and a large amount of heat and chemical energy are needed to produce one ton of finished paper. Thus, B&W's recycling of waste paper will save the equivalent of more than 4,000 trees per year in addition to requiring less energy at the paper mill.

Much of the waste paper produced is of high quality. Prior to the installation of the recycling system, waste paper was either incinerated or hauled off-site to landfills. Both methods required a cost to the company. The high quality of paper in the shredded bales is now an asset to the company and is more desirable to the dealers..

New Tobacco Varieties Approved

BLACKSTONE - Five new flue-cured tobacco varieties have been approved for release for seed increase in 1975 and for farmer planting in 1976, said M. J. Rogers, who represents Virginia Tech on the Regional Variety Evaluation Committee.

Rogers said the new lines of tobacco met the rigid requirements of the regional minimum standards program when evaluated for agronomic, chemical, physical and smoke characteristics.

He said each of the new varieties compares favorably with the two "standard" varieties used as the bases for comparison; NC 2326 and NC 95.

Two of the new tobaccos, NC 12 and NC 98, were developed by N. C. Agricultural Experiment Station scientists. Another, Va. 283, was developed at the Virginia Agricultural Experiment Station, and two, NC 2326 and NC 95, were developed by private seed companies.

Only seed crops of the new varieties will be grown this year. The two North Carolina varieties will be released to growers next fall, and the two commercial varieties are expected to be available then, also. The Virginia variety will not be increased for seed this year, Rogers said.

Complete information on the new varieties, including data on yield, value, quality and disease resistance, will be made available to farmers following the 1975 harvest season.

This marks the 11th anniversary to the Regional Evaluation Program in which tobacco seed breeders, tobacco manufacturers, export dealers and tobacco research workers in state and federal positions participate voluntarily.

The committee, which operates as a subcommittee of the Flue-cured Tobacco Quality Committee - Varieties, conducts annual evaluations of potential varieties from private and public breeding programs. Over the past 11 years, the committee has approved 38 new varieties.

In recent years, the committee has announced the results of its evaluations a full season prior to the time seed would be available for farmer planting. This allows time for seed to be increased and for growers to see the new varieties in field demonstrations conducted by the Extension Service and seed companies.

A new variety must meet the minimum standards of acceptability, as established by the Regional Standards Committee, before it is accepta le to the trade. Rogers explained that the standards are geared to provide the types of tobacco most acceptable by the domestic and foreign tobacco companies.

As market demand shifts for a specific type of tobacco, minimum standards may be adjusted.

In 1974, 1; regional farm tests were conducted in Georgia, South Carolina, North Carolina and Virginia. There were also six regional small plot tests on experiment stations in the flue-cured producing states.

Rogers indicated that the five new varieties were observed under code and they compared fvvorably with the two "standard" varieties used for comparison. The Virginia entry, Va. 283, has resistance to six major tobacco diseases and its contribution will be considered by Tech researchers before any formal release is proposed.

The Variety Evaluation Committee includes representatives from each state and from each segment of the industry, including farmers.

Heart Disease - The No. 1 Killer

Dr. J. Hayden Hollingsworth of Roanoke, President of the Virginia Heart Association, stated today that there is substantial evidence that the number of deaths due to heart attack, the nation's number one killer, is beginning to decrease.

Deaths under 65 from heart disease show a significant decline, according to Dr. Jeremiah Stamler in a presentation to the American Heart Association's Science Writer's Forum held at Marco Island, Florida, in late January.

National statistics indicate that the rate of death from heart attack dropped significantly for adults age 35-64 between 1968 and 1972.

This decline in coronary deaths means that " roughly 10,000 lives are being saved each year among persons under 65," Dr. Stamler said. He adds that the decrease in the heart attack death rate is real, and not an error or misinterpretation of statistics. "I think we may be over the hump," he said.

Dr. Elliott Rappaport, American Heart Association president, is encouraged, but cautious."Most of us feel now that at worst it has plateaued and at best it is heading downward."

"We'll have to watch it for three or four more years to be absolutely sure," says Dr. Richard Ross, new dean of the Johns Hopkins School of Medicine and immediate past president of AHA. But I just have a gut, clinical impression that it is true. If it does turn out to be true, it should be taken as evidence that some of the things we've done-Heart Association anti-smoking campaigns, high blood pressure control programs, dietary modification programs and training in cardiopulmonary resuscitation have worked and they should be pushed.

Some 23 million Americans have high blood pressure, but due to the disease's lack of obvious symptoms, only about half of them are aware of it. An increase in Heart Association blood pressure screening programs and an extensive public education campaign may have aided in reducing the death rate.

Heart researchers are concerned about foods that raise blood cholestrol levels such as egg yolks, meat, milk products and other saturated fat-bearing foods. The Heart Association has been active in warning against these foods. Use of high butter-fat dairy foods and egg yolks has dropped. Saturated fat use has dropped as well, as evidenced in marked sales declines of butter and lard.

Better medical care for heart patients may have also helped lower the rate. Communities throughout the nation have improved their emergency medical services and have supplied paramedical training to policemen, firemen, and provate citizens.

Coronary care units in hospitals around the country have reduced the number of deaths of heart attack patients who reach the hospital alive by about one-third.

Exactly why the heart attack death rate has dropped remains uncertain. The decline, encouraging as it may seem, still leaves heart attack as the nation's number one killer.

"We still have a long way to go to understand this disease," according to Dr. John T. Shepher of the Mayo Clinic, American Heart President-Elect. "And we are a long way from ending the epidemic."

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Thanksgiving
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